





Let's Go Meatless Monday!

Meatless Monday is an easy and delicious way to help students, families, and staff choose plant-based foods each week instead of meat. It's good for our personal health and the health of the planet. Your school is joining millions of students and faculty across the country from New York City, to Chicago, El Paso, and Los Angeles in enjoying plant-based meals each Monday.





Meatless Monday has been practiced in over 40 countries and is backed in science and research from Johns Hopkins Center for a Livable Future.

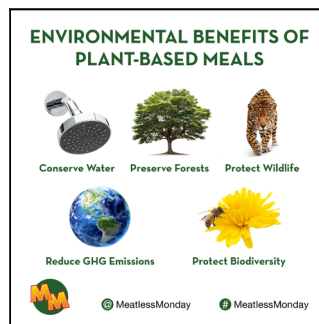
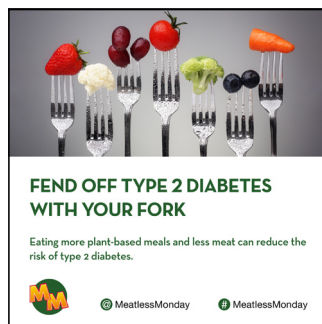
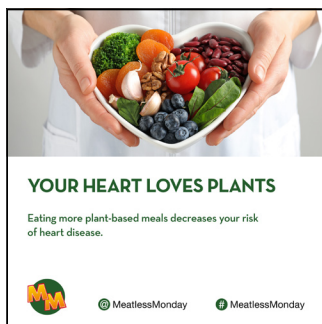
Why Meatless Monday

For the Planet

-  Livestock production (such as cows, pigs and chickens) uses 75% of Earth's agricultural land
-  Livestock production creates more greenhouse gas emissions than all the cars, trucks, planes and trains in the world
-  Producing ONE 1/4 lb. (~113 grams) beef burger uses enough water to fill 10 bathtubs
-  Producing ONE 1/4 lb. (~113 grams) beef burger uses enough energy to power an iPhone for 6 months

For Your Health

-  Eating less meat can help lower the risk of developing type 2 diabetes.
-  Diets high in red and processed meats and lower in vegetables, whole grains, legumes and nuts are associated with a higher incidence of heart disease.
-  Adding more healthy plant-based meals can help to reduce or manage cholesterol levels.
-  Substituting more plant-based foods in place of meat can help contribute to a healthier body weight.



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Good for you,
good for the planet.

